



Play Today *campaign*

Play creates healthy children

Why?

Play takes children outdoors to experience fresh air and sunshine. The physical activity of play reduces the likelihood of obesity and other medical conditions. By interacting and connecting with others through play, children develop adaptable responses to a diversity of environments, thus reducing anxiety.

ACTIVE PLAY



Only 1 in 3 children engage in free play outdoors daily

OBESITY



A quarter of Australian children are overweight or obese

MYOPIA



Spending more than 2 hours a day outdoors reduces the likelihood of children developing myopia

ANXIETY



Anxiety related problems are increasing amongst children with an incidence 10 times that of diabetes

NATURE



Contact with nature is extremely valuable for stimulating full-body engagement and recovery from fatigue and stress

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Challenges we face

- Because our cities are growing in size, many children don't have easy access to nature or outdoor environments for play
- Children are suffering increased health related problems because of a lack of physical activity



What You Can Do

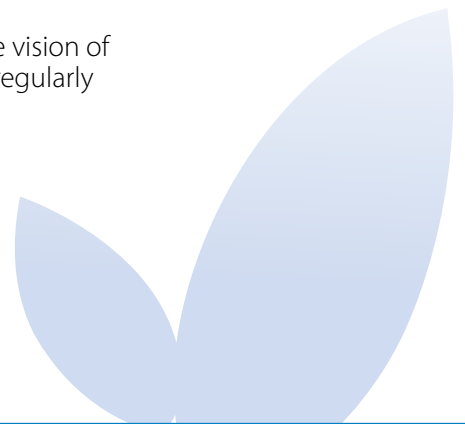
- Make sure that children in your care get access to outdoor play everyday – even in inclement weather (they can always be rugged up)
- If you don't have a backyard, take children in your care regularly to different local playgrounds, parks and reserves
- Encourage children in your care to play independently (whilst supervising them) when in a public playspace
- Encourage children to try and gradually challenge themselves when playing outdoors

Definition of Axial Myopia

Near-sightedness otherwise known as *short-sightedness* is where there is defective vision of distant objects. It has been proven that exposure to sunlight for periods of time regularly can reduce the likelihood and effect of myopia in children.

Definition of Overweight or Obese

Weight higher than what is considered as a healthy weight for a given height is described as overweight or obese. Body Mass Index (or BMI) is the most common measurement of overweight or obesity. Being overweight or obese increases the likelihood of high-blood pressure, cardiovascular disease and Type 2 diabetes in adulthood.



For further reading visit

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